

## Healthy Living Programs through Blue Shield of California

### Blue Shield of California

**Healthy Lifestyle Rewards Program:** Members can earn up to \$200.00 a year. The purpose of the program is to help members think healthier and create healthy habits. A member can earn their first \$50.00 by completing a health assessment. If you are a member, anyone in your family that is over 18 and covered by Blue Shield can log in and make up to \$200.00 over the course of the year as well.

**Shield Shopper:** Make healthy living even more rewarding with Shield Shopper. Register your credit, debit, or Healthy Lifestyle Rewards Visa card to shop locally and online and start watching the cash rewards add up right away.

**Teladoc:** Members have 24/7/365 access to an on-call physician and/or pediatrician who can prescribe medications over the phone for things that a person would typically go to Urgent Care for (chest colds; sinus infections, etc.). A member must already have an established medical history – which can be done online for free. If it is done over the phone, there is a \$12.00 charge.

**LifeReferrals:** Counseling services similar to the Employee Assistance Program (EAP). Each year, Blue Shield members are eligible for:

- Three free counseling sessions every 6 months **in addition** to their EAP benefits through the state.
- Three face-to-face counseling visits in each six-month period.
- One 30-minute consultation with an attorney per issue.
- One 30-minute consultation with a mediator per issue.
- One 60-minute session with a financial professional per issue.
- Unlimited phone consultations with LifeReferrals 24/7 specialists.

Call LifeReferrals 24/7 toll free any time at (800) 985-2405. LifeReferrals 24/7, including referrals to community resources, are confidential and available for no copayment or extra cost. Any costs associated with using the community resources are the responsibility of the member. \*Some services may not be available to all Blue Shield members; they should check their plan Evidence of Coverage.

**Wellness Discount Program:** Employees can save money and get healthier with services such as health clubs discounts, weight loss, massage therapists, etc.

- [ClubSport and Renaissance ClubSport](#)
- [Weight Watchers](#)
- [24 Hour Fitness](#)
- [Drugstore.com](#)
- [QualSight LASIK](#)
- [TLCVision Eye Centers](#)
- [Alternative Care Discount Program](#)